



City of Arts & Innovation

Fit, Fresh and Fun Forum - MINUTES

Monday, March 17, 2014

3:00 – 5:00 p.m.

City Hall- 7th Floor Mayor's Ceremonial Room (MCR)

3900 Main Street Riverside, CA 92522

(951) 826-5551

The Fit, Fresh and Fun Forum Mission Statement:

The City of Riverside supports a healthy environment which encourages residents to seek Fit, Fresh, and Fun alternatives for a healthy lifestyle.

❖ Welcome- Mayor Bailey

- Mayor opened meeting at 3:00 pm. He asked all to review minutes from the 11-18-14 meeting and see if there were any changes.
- Only change: Page 4, IE Racewalkers meet Saturdays at 7am – Fairmount Park (then one group stays in park and other goes up Mt. Rubidoux).

❖ Sub-Committee Updates

- 1) Workplace Wellness: Miriana Gonzalez
 - Initial subcommittee formed, but convened a new group and had their first meeting last month
 - Next step - how to communicate with businesses - first with small businesses via a forum
 - Website www.fitfreshfunriverside.com Go to WORK RIGHT tab to check out resources for small businesses
 - Will be adding a walking route around a few floors of city hall - promote walking - partner with AHA since they already have a walking (we are Platinum status)
 - Annual employee workplace wellness program (6 weeks - so far has lost 1,200 pounds) Necessary Nutrition - offer lunch and learns Pete B - staff working and walking the mountain, generate income as part of health and wellness Stefani Plummer - CBU's workplace wellness - well at work program, inaugural employee wellness fair, now progressed into lunch and learn series. Choose to Change - 8 week program with kinesiology - do study to see if it will. AHA - provide resources and framework for all companies - help those who do not have one yet, free, no cost.
- 2) Healthy Youth Programs: Karen Roberts Fit, Fresh, Fun and Young committee - 1 middle school student, 1 high school student, RUSD, AUSD, CBU and UCR represented
Rethink your drink campaign - Youth component, Instagram: #rethinkurdrink
- 3) Start R.I.G.H.T. campaign: Stephanie Smith Two main events going on this month - GROW RIVERSIDE, Start RIGHT
 - New website www.startrightriverside.com (added: youth component to challenge)
 - 3 month challenge to help reduce chronic illnesses, reduce the obesity and overweight percentages from 56 to 50% over 5 years. Partners give their time and services free over the next 3 months. Convene all resources and activities to this site by pulling from the community calendar. Kick-off, March 29th - Demonstrations, health screenings, sign-up's, healthy wellness screenings. Will be a beginning, mid-point and end point for nutrition. If they do not sign up that day, they can screen up to a week before or week after event - schedule with Stephanie Smith to do screening March 29th-June 21st. Three winners: most weight lost, those who do most physical activity, those doing most physical fitness and tracking
- 3) Erin Gettis:
 - GROW RIVERSIDE – March 19th and 20th:
Took quiz to see about what people know about agricultural assets and opportunities in Riverside. Conference is meant to start the conversations to re-green the greenbelt. Riverside has a citrus industry, part of our rich

history. New farmers aren't increasing. Brought in key players from around state and country to see what other towns are doing. Seedstock provides and will drive content. Extend far beyond and have outcomes identified to carry it on. Universities inside and out the area.

- Possible outcomes: improve food access and health awareness, increase agricultural productivity, grow entrepreneurial start-ups, partner with UCR-Extension study to see what would grow best in Riverside, develop a GROWN in Riverside Brand. Will do it again in 2015.
- NEOP (Nutrition Education and Obesity Prevention) GRANT: Received NEOP grant, it was Network for a Healthy Grant, now NEOP. Funding: SNAP-Ed to Champions for Change to DOPH to City of Riverside (Andrea is now 100% NEOP). 3 cities received in the county received a grant (Perris, Jurupa Valley). County was visionary to contract directly with cities (notice more change when you contract with the cities, the policy makers).
 - \$2.1 Mil over 3 years. Several pieces: Leadership from Mayor's office, CDD: Eddy, Aggie starting next month, Alicia Robinson, PRCS-Gina Jimenez (Mario, Patti and Anthony), RUSD-Jenny nutrition, AUSD- Faye (Pamela, Mary). This amazing team taking on: Youth engagement and nutrition education, events, free classes, community gardens, community outreach. A long-term, sustainable impact. Existing programs: harvest of the month, choose my plate, rethink your drink, power play, F2T A farm 2 table adventure.
 - Reason Riverside chosen, strength in existing programs, our city already adopted a HEAL resolution, sustainable change and success in Heal Zone, Riverside has active schools. Seeks to address health concerns in neighborhoods that meet a certain income level. Targeted population, 50% or more of pop must meet. Parks and schools where they interact or have events will meet these criteria.

❖ Introductions/Announcements:

- Walk to end homelessness - April 12th, trying to raise \$30,000 for showers at the shelter.
- Kim at ADA - Healthy environment for employees and clients and take forum info and pass along
- Stephanie Smith - RCHF - March 29th, Eastside Health Fair at bobby bonds park at April 12th from 12-2pm
- Monique at AHA - April 2nd National Walking Day, 30 minutes out of day to walk, startwalkingnow.org FREE
- Matt - United Way, grant for Covered CA - informational reps, if you or organization wants more info to get sign-up's let us know. Interim is now permanent, Dr. Sue Rainey is now the Press and CEO
- Charlotte – Junior League of Riverside (JLR) - working towards childhood obesity, FIT riverside, free Zumba classes on Saturdays at bobby bonds/Cesar Chavez, next session April 5th for 10 weeks.
- Gayle - DOPH, March 5th media campaign - healthy retail survey rating county against state regarding access to healthy foods. What is the ease of getting healthy foods (300 stores- research study) contact Gayle if you want copy of study -Proud of Grow Riverside - was in Washington DC last week and very proud.
- Master Gardeners/UCR - reinstall community settlement association, ribbon cutting at bobby bonds playground with HEAL zone, store make-overs with some stories, work with RUSD to do pilot to CSA boxes to get locally grown fruits, getting ready for some summer programs, healthy food access group - want to start a food policy workgroup. CBU kinesiology to begin a partnership.
- Cindy UEC Master Garden program - works well with them. Did CBU's employee wellness event. Will be at start RIGHT event and Grow Riverside many members will be there. Promoting drought tolerant ways of farming. UCR botanic has their sale April 4th and 5th. Edible plants drought tolerant? Some...

- Jane Adams - Inland Empire Racewalkers (IERW) - May 17th – WALK with the Mayor @ 8:30am at Andulka Park. May 18th Racewalking - Olympic level racewalkers. 5-6 minutes miles. It's a national masters event. FREE, meet at American Legion Hall. IERW club meets Saturdays at 7am and 7:30am at Fairmount Park - Big parking lots across from tennis courts
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- Claire - ALA - Hosting Respiratory rally on March 19th at Arrowhead Regional Medical Center SCAMP Camp on June 22-27 for kids 8-13years old for those who have asthma - opened to kids in Riv and SB counties - see her to apply, free to attend \$35 application fee. Nov 2nd - ALA walk will be transitioning to LUNG FORCE
- Miriana - City's Human Resources Department - SHARM - to present on winning the wellness awards - March 20th. Highlight the City of Riverside's program.
- Annual Wellness Fair on May 21st in breezeway -ADA for Alert Day - April 23rd - screenings and diabetes awareness 11am-2pm -Working with the Office of the Mayor and Public Works department to promote BIKE to Work month in MAY for all our employees.
- Aggie - NEOP – Project Coordinator Assistant
- Robin Allen - Necessary Nutrition - counseling, healthy food tasting party in March: fun, food and education. Their targets is workplace wellness so invite your staff and employees
- Sandra Brooks - Mt. Rubidoux Church - Victoria/Central – wants to become healthiest church in America. Looking for everyone's help. Launching challenges 1) water challenge 2) eat fresh challenge 3) let's move challenge. Wants to get involved in community. Vegan chef came in and did free demo, partnering with Dr. Bautise to bring in more events to the area.
- Gina – Parks, Recreation and Community Services (PRCS), City of Riverside – Project Coordinator for the NEOP Grant. April 26th kick-off at Bryant Park in Arlanza and the Arlanza Community Garden- vendors, booths, lots of kids activities.
- Rodney Taylor – Director of Nutrition Services of RUSD - Kirsten and Jenny. June 18th to kick-off summer wellness program, farmers, cooking demonstrations, kids' activities, BBQ meals. Working with parks/churches and also working with RPD - gave out 1500 backpacks last year.
- Robin / Pete - Blindness Support Services - all of us exercise our eyes. Thursday, March 20th at the Convention Center, time to rest your eyes - dining in the dark blindnesssupport.com or call 341-0230. Mayor Bailey is a door prize: winner will have lunch for 2 with the Mayor
- Nancy - RPD
- Terri Bolton - AUSD , part of PEP grant \$1.6 mil from Patti Suppe. May 22nd health fair - free event, just ask for you to donate a door prize. 17,000 families received the info . Certified health coach, promotes Juice Plus (in capsules). Aeroponic gardening - Tower Garden - 90% less water and 90% less land. Also active with Orrenma school: lean, clean, green club - healthy me, healthy school, healthy community, Heads up: Disneyland offers free tickets to help with any event which promotes health and wellness *(Opportunity drawing) - supports KRCB on their campus
- Jenna, Daniel, Izar - Habitat for Humanity - New program: Neighborhood revitalization, healthy Jurupa Valley coalition Jenna Holmes, Daniel – Arts, Recreation, Community gardens and markets: action team - Tour of community farms in Rubidoux

- Lynn Heatley - Covered CA team - education, affordable health care - preventative. More info on Medical and now everyone can be insured . March 31st deadline.
- Jim Elton - Faculty at RCC , tennis, Assistant AD, Kinesiology Department. Student athlete advisory council - Chelsea - leadership role with the council. They have 500 athletes.
- Jim Dwoody – Meets 630am Sunday the 22nd at Arlington Sports Park. . Citrus -Challenge to get people to run all year round
- Jim – Local Triathlon - multi sport RED - won engagement award - pilot a 13 week program for overweight or obese - need to identify 10 people to participate. This is beyond education
- Karen Roberts - Apr 26th Drug take-back day 10am-2pm at Kaiser
- Jane - Tequesquite Community Garden issues have been resolved now by a joint collaboration from many. Back in business
- Amy Miller - CBU Dept. of Kinesiology
- Maureen Kane - Chief of Staff
- Delfina and Carmen – Representatives at Herballife - promote getting fit. Hold boot camp and yoga on Sundays at Mt Rubidoux - focusing on business/wellness program -smoothie shops .
- Shaun - Simply Health and Nutrition - tell your stories in numbers/data, diabetes, stress management, weight management, nutrition and exercise. She works with AUSD as well as, RUSD to help the K-12 population.
- Eddy Jara - Starting Apr 7th at the new NEOP Grant, Wellness Coordinator of the City of Riverside
- Dr. Columbus Batiste – Cardiologist at Kaiser Permanente - activist hat, tired of putting in stints, reality of heart disease - need to make dramatic changes. Join them at Kansas Church on May 4th for Health Taste event to promote plant-based foods: full day of information and includes breakfast and lunch. Reverse heart disease. Google "the last heart attack".
- Desiree - Mrs. Riverside - Platform is organics and health - Joey is her husband and they own USKO, expanded to Corona.
- Faye - AUSD Project Coordinator- event in June, farmers, fresh produce and cooking. More info to follow.
- Stefani Plummer - CBU, Recreation – encourages all attendees to reach out to community and resources in this room. After seeing Dr. Bautiste at an AHA Red luncheon, she has been spouting health statistics to everyone. More preventative approach.
- NEXT FORUM: Monday, May 19, 2014 – City Hall, Mayor’s Ceremonial Room, 3-5pm

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